

# Benefits of Yoni (Vagina) Steaming

- Pulls toxins out of the body
- Alleviates abdominal pain and pressure
- Relieves menstrual cramps
- Regenerates damaged tissues
- Tightens the vagina
- Aids in healing hemorrhoids
- Helps alleviate vaginal odor
- Helps womb absorb herbal medicines into the bloodstream
- Regulates the menstrual cycle
- Relieves heavy menstruation
- Balances hormone levels
- Aids the body in ridding itself of bacteria, viruses, and fungi
- Stimulates growth of white blood cells and antibodies
- Sweating creates cardio benefits
- Mood stabilization
- Strengthens the uterus
- Rids the womb of excess waste which contributes to cysts, fibroids, cancers, and tumors
- Relieves menopausal symptoms
- Facilitates emotional purging
- Helps align chakras
- Builds self-esteem
- Releases stagnant energy and stimulates creativity
- Supports lymphatic health
- Assists with fluid retention
- Strengthens communication
- Stimulates healthy sexual energy
- Reduction and elimination of abnormal growths in the womb with consistent use
- Releases cellular memories of sexual and physical traumas
- Helps women conceive
- Speeds up recovery after childbirth

**Vaginal herbal steam medicine supports the complete &  
long-term healing of the following:**

Abnormal growths in the womb

Infertility, hormones and menstrual disorders

Emotional, spiritual and mental imbalances

*\*All information provided is based upon the Womb Sauna's method of vaginal steaming, research, & data collection.*

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